

# Depression and Bipolar Support Alliance

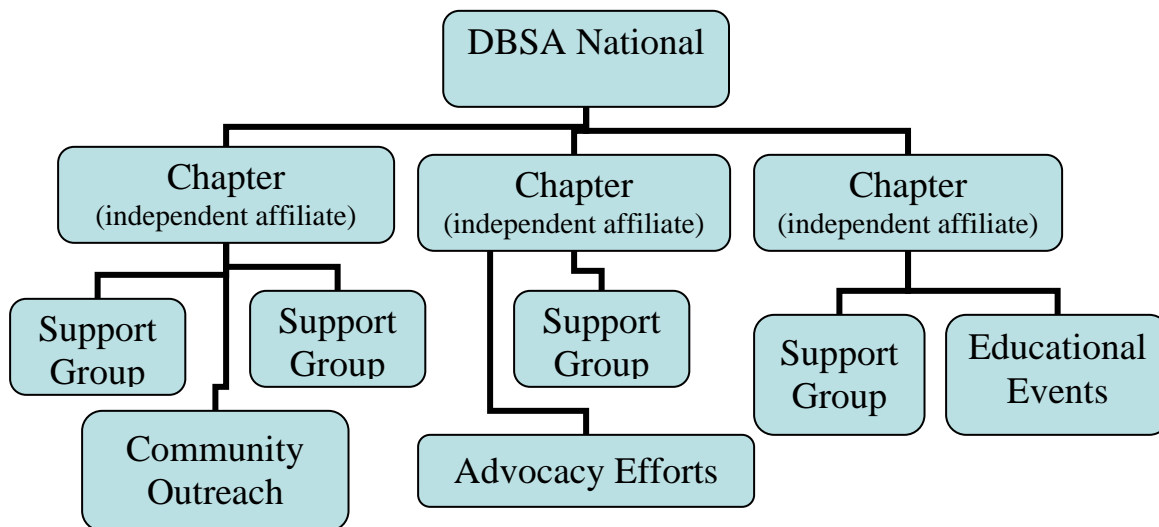
**Mission:** To improve the lives of people living with mood disorders.

**DBSA** provides hope, help, and support through peer-based, recovery-oriented, empowering services, programs, and resources when people need them, where they need them, and how they need to receive them.

**DBSA National:** Based in Chicago, the national office is the home base of the organization. Providing resources, support, and tools, the patient directed organization strives to provide a voice to consumers throughout the country.

**DBSA Chapters:** Independent local affiliates throughout the country providing a selection of services depending on the needs of the community.

**DBSA Support Groups:** Each chapter operates at least one peer-led support group to provide a comfortable and confidential setting for people living with mood disorders and those who love them to share and connect with each other.



## Sample benefits of affiliating with DBSA:

- Leadership training opportunities through regional and national meetings, online learning tools, teleconferences, Chapter Leadership Forum, and other training possibilities.
- Grant and fundraising opportunities to help your chapter grow.
- Tips for developing effective groups, including ways to expand and share leadership of the chapter via the Chapter Management website (Password protected for affiliated chapters only).

For more information, please contact the DBSA Chapter Relations Team at: 1-800-826-3632 ext: 154 or at [startup@DBSAAlliance.org](mailto:startup@DBSAAlliance.org)